1:Dobrizhoffer M-S (ca. 1760) 1822
SI4 Abipon SI4
GUARANI S74

piece of white cotton, both in and out of doors, but dishevelled and flowing when they attend divine service. The Spanish peasantry also approach the door of the church with their hair tied in the military fashion, but loosen it on entering. Indeed, all the Americans are persuaded that this is a mark of reverence due to the sacred edifice.

As soon as they wake in the morning, the Abiponian women, sitting on the ground, dress, twist, and tie their husbands' hair. A bundle of boar's bristles, or of hairs out of a tamandua's tail, serves them for a comb. You very seldom see an Indian with natural, never with artificial curling hair. They do not grow grey till very late, and then not unless they are decrepid; very few of them get bald. It is worth while to mention a ridiculous custom of the Abipones, Mocobios, Tobas, &c. all of whom, without distinction of age or sex, pluck up the hair from the forehead to the crown of the head, so that the fore part of the head is bald almost for the space of two inches: this baldness they call *nalemta*, and account a religious mark of their nation. New-born infants have the hair of the fore part of their head cut off by a male or female juggler, these knaves performing the offices both of physicians and priests amongst them. This custom seems to me to have

1:Dobrizhoffer M-5 (ca. 1760) 1622
SI4 Abipon SI4

should attend to the maxim *ne quid nimis*, in dress as well as in other things. On the other hand too scanty clothing is assuredly prejudicial to health. Prudent persons vary their dress according to the state of the air, as seamen shift their sails. Even the Abipones of both sexes, and of every age, though satisfied at other times with a woollen garment, put on a kind of cloak, skilfully sewed, of otters' skins, when the cold south wind is blowing. This skin garment bears some sort of resemblance to the cloak which we priests wear to sing vespers in the church.

Galen, in his work on the preservation of the health, boldly and truly asserts that too great repose of body is highly prejudicial, but moderate and proper motion, on the other hand, of the utmost utility. This is consonant to the words of Celsus, Lib. I. c. 1. *Ignavia corpus hebetat, labor firmat; illa præmaturam senectam, iste longam adolescentiam reddit.* You cannot therefore be surprized that the Abipones are athletic like the Macrobii. They are in continual motion. Riding, hunting, and swimming are their daily employments. War, either against men or beasts, occasions them to take very long excursions. Their business is to swim across rivers, climb trees to gather honey, make spears, bows, and arrows, weave ropes of leather, dress

1:Dobrizhoffer M-5 (ca. 1760) 1822
514 Abipon 514

147
●512 saddles, practise every thing, in short, fatiguing to
526 the hands or feet. But if they indulge themselves with an intermission of these employments, they ride horseraces for a sword which is given to him who reaches the goal first. Another very common game amongst the Abipones is one which they play on foot. The instrument with which it is performed is a piece of wood about two hands long, rounded like a staff, thicker at the extremities and slenderer in the middle. This piece of wood they throw to the mark, with a great effort, in such a manner that it strikes the ground every now and then, and rebounds, like the stones which boys throw along the surface of a river. Fifty and often a hundred men stand in a row and throw this piece of wood by turns, and he who flings it the farthest and the straightest obtains the sword.

This game, which from boys they are accustomed to play at for hours together, amuses and fatigues them with wonderful benefit to their
[471] health. The same piece of wood which serves both as an instrument of peace and war, is made formidable use of by many of the savages to crush the bodies of their enemies and of wild
[181] beasts. The Abipones hate to lead the life of
147 a snail, idle and listless, and consequently do
512 not undergo a swift and miserable decay, like those who are stupefied with sloth, confined to

1:Dobrizhoffer M-5 (ca. 1760) 1822
SI4 Abipon SI4

their bed, table, or gaming-table, and seldom 147
stir out into the street or country. The Abipo- 512
nian women, though debarred from the sports and equestrian contests of the men, have scarce [562] time to rest or breathe, so much are they occupied day and night with the management of their domestic affairs. Hence that masculine vigour of the females in producing almost gigantic offspring, hence their strength and longevity.

The food also to which the Abipones are 262
accustomed, in my judgment contributes not a little to prolong their lives. What Tacitus says of the ancient Germans is applicable to them: *Cibi simplices, agrestia poma, recens fera, aut lac concretum, sine apparatu, sine blandimentis expellunt famem.* They feed, as chance directs, upon [252] beef, or the flesh of wild animals, mostly roasted, but seldom boiled. If the plain afford them no wild beasts to hunt, the water will supply their hunger with various kinds of fish besides otters, ducks, capibaris, &c. From the air also they receive birds that are by no means to be despised, and from the woods divers fruits, to appease the cravings of appetite. Should all these be wanting, roots concealed beneath the ground or the water are converted into food. Necessity alone will induce them to taste fishes, though excellent. Tigers' flesh, spite of its vile 224
odour, is in such esteem amongst them that if 262

[A = Probably the JAGUAR IS MEANT HERE --- ANALYST]

1:Dobrizhoffer M-5 (ca. 1760) 1822
814 Abipon 814

000 is asserted that "washing in cold water contributes to lengthen life, and that the use of warm baths has a contrary effect." P. 131. The same author is of opinion that "persons who pass great part of their lives out of doors are generally longer-lived than those that stay more within." The Abipones spend most of 512 their time out of the house, and consequently breathe the pure air of heaven which is so 342 salutary to the human body. Though they dwell under mats spread like a tent, or in fixed huts, they never suffer the air to be entirely 764 excluded. Nor are they content with living in the open air, they also choose to be buried there, entertaining an incredible repugnance to sepul- 000 chres within the church. As the Abipones live long and enjoy excellent health, though entirely destitute of physicians and druggists, I can hardly help reckoning their absence amongst the causes which co-operate to render the savages superior in vigour and longevity to most Europeans, amongst whom as physicians are numerous, and medicine in general use, there are many sick persons and few very old men. The Abiponian physicians, of whom I [754] shall speak more fully hereafter, are impostors more ignorant than brutes, and totally unworthy the splendid title of physicians, being born not to heal the sick, but to cheat them with juggleries and frauds.